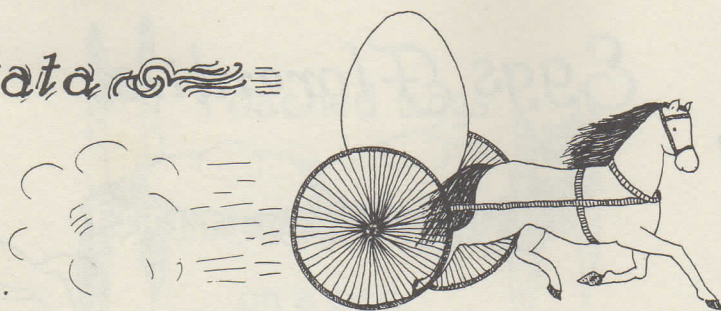


Frittata

15 minutes to prepare;
10 to 15 minutes to bake.



Yield: 4 servings

1 Tbs. olive oil
1/2 cup minced onion
3/4 tsp. salt
dried oregano } a pinch
dried thyme } of each
8 to 10 mushrooms, sliced
about 1 cup diced zucchini
and/or summer squash

1/2 cup minced bell pepper
1 small clove garlic, minced
2 handfuls chopped spinach and/or arugula
(or any other leafy green)
freshly ground black pepper
a few leaves of fresh basil (if available)
4 or 5 eggs (OK to delete a yolk or two)
1/4 lb. fontina cheese, grated or sliced
(optional)

- 1) Preheat oven to 375°F.
- 2) Heat the oil on the stovetop in a 9- or 10-inch cast-iron skillet. Add the onion and half the salt, and sauté over medium heat for about 5 minutes.
- 3) Add dried herbs, mushrooms, zucchini or squash, bell pepper, and garlic, and cook, stirring, over medium-high heat for another 5 minutes—or until the vegetables are just tender.
- 4) Turn the heat up, and add the spinach and/or other greens with remaining salt and black pepper to taste. Stir and cook for just a minute or two—until some of the liquid evaporates. Stir in the basil.
- 5) Beat the eggs in a separate bowl, then pour them into the vegetables. Sprinkle in some cheese, if desired. Place the pan in the preheated oven for about 10 to 15 minutes, or until the frittata is solid when you shake the pan. (If you so desire, you can add some extra cheese to the top midway through the baking.)
- 6) Serve cut into wedges—hot, warm, or at room temperature. This will even taste good cold in a sandwich on lightly toasted bread, with a little mayonnaise, and sliced, very ripe tomatoes.